

# ReFocus



A REPORT OF THE CLEVELAND STROKE CLUB

NOVEMBER 2015

*Cleveland Stroke Club, c/o Geri Pitts*  
3266 E. Scarborough Road  
Cleveland Heights, OH 44118  
216-932-0552



## A PUBLIC ANNOUNCEMENT

The public is invited to attend the next meeting of the Cleveland Stroke Club at 6:30 PM at the Disciples Christian Church, 3663 Mayfield Road, Cleveland Heights OH 44121



**November 18, 2015**

**Fall Precautions/Prevention**

*featuring*

**Graduate Students Emily and Jasmine  
Case Western Reserve University**

**John Nych, EMT**



The Cleveland Stroke Club was founded on the basic self-help concept. That is, stroke survivors and their families banded together to exchange coping techniques for the many stroke-related problems they experience.

Meetings are held on the first and (usually) third Wednesdays of each month. The focus of the meeting is on some aspect of stroke through discussions, lectures, or films. Meetings last for about two hours. Dinner is provided at both meetings at 6:30p.m. at a nominal cost. Look for details in this newsletter.

If you or a member of your family has had a stroke, we invite you to visit our meeting anytime. New members are always welcome. There is plenty of parking at both meetings.

**Officers 5/2015-5/2016****President:**

Chris Vuyancih

**Vice-President:**Deena and Brian Barrett  
216-410-2306**Secretary:**

Barry and Barbara Schecter

**Treasurer:**

John Pumper

**Assistant Treasurer:**

Brian Barrett

**Founder**

Bill Pitts

**EXECUTIVE DIRECTOR**Geri Pitts  
216-932-0552**Executive Director & Editor**Emeritus  
Dorothy Norton**Editor**

Lu Higginbottom

**Board Committees:****Public Relations Chairperson**

Sue Sheridan

**Membership and Picnic  
Chairperson**

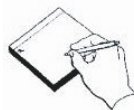
Kay Exl

**Marketing Chairperson**

Kathy Wendorff

**Secretary to the Board**

Sue Sheridan

**Volunteer Coordinator**Shirley Patterson  
216-751-9376**Assistant to the Board**Bonnie Morris  
440-552-3970**Greeters**June Emmerson &  
Roger Gulbranson*It's a Matter  
of the Minutes***OCTOBER  
Mtg Notes**By Stroke Club Member(s)  
October 21, 2015

If you weren't with us on October 21, 2015, you missed a truly amazing night. After a delicious meal of pasta, meatballs, salad and garlic bread expertly prepared by Rita and her team of volunteers, Al, Lucy and Mason, it was time for our annual Talent and Interest Night. Acting as our Mistress of Ceremonies, Deena started off the program with our own brew master, Roger. His presentation came with samples! The beer was chilled perfectly and was mellow going down. Following him came Sabrina with her beautiful hand-made greeting cards; Carl and Kathy line dancing; Sherry read her newest poem about autumn; Brian and Deena showed a video of Brian pair roller skating and talked about how they first met; Shirley showed us her beautiful crocheting projects; Barb and Barry showed off their beautiful art work; Mason sang and played his guitar; Damon talked about how to improve your memory; Sue and Joanne talked about facilitating the Kindred Caregiver group; Judi showed us her knitting projects and talked about knitting; Rosemary did a lip sync to a Beach Boys' song; Dan and Vivien showed off Dan's cartoonist skills; John talked about Return to Golf; Malcolm sang a song in his great baritone style; Kathy talked about remodeling her bathroom; Bonnie encouraged us to pass on our family memories; Geri talked about the history of the Stroke Club; Derrick gave a motivational speech and sang while Denise glowed with pride; Dorothy showed us her lovely ceramic projects; Chris told us about her struggles since her stroke and the resulting successes in writing because of her hard work; Charles shared words of wisdom and finding the goodness (people of the Stroke Club) in a bad thing (his stroke); and finally Kay

(with Linda's help) shared with us many laughs as she showed us old toys and told stories. Deb helped with the projector. She held her breath and crossed her arms, legs, fingers, and toes all night. Dan, draw her "fit to be tied"! Roger, thanks! She needed a beer to unwind.

Bonnie took videos and Deena's friend, Jene took many more photos than are shown in this newsletter. To see them, you can go to our website:  
<https://clevelandstrokeclub.wordpress.com/talent-night/2015-talent-night/>

Geri distributed a handout of the History of the Stroke Club (including pictures of the first meeting). Visit:  
<https://clevelandstrokeclub.wordpress.com/club-history/>

Congratulations to Deena, our Vice President and Program Chairperson, for a successful night. She proved that stroke survivors CAN DO so much!

**NEXT MEETING:**

**Wednesday**, November 18, 2015 at Disciples Christian Church, 3663 Mayfield Road, Cleveland Heights 44121

**5:30 p.m.** - BINGO**6:30 p.m.** - Traditional

Thanksgiving Feast by Rita with desserts by your Board - cost is **\$5.00**. Remember to bring your place settings.

**7:30 p.m.** - Grad Students from CWRU and EMT will present.

**Topic:** Fall Precautions and Prevention

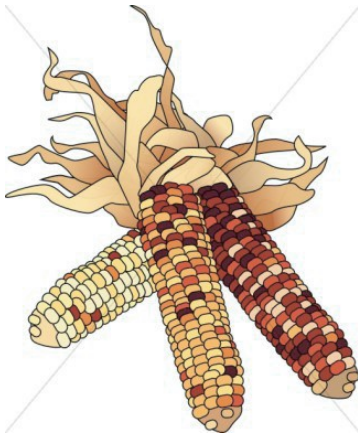


## Announcements

### HOLIDAYS & CELEBRATIONS for this month



- 1 Daylight Savings Ends  
3 Election Day  
26 Thanksgiving Day



#### HAPPY NOVEMBER Birthdays...

to Omelia Beverly (1), Roberta Wallace (9), Fran Kemelhar (16), Dan Sekeres (16), Jean Broge (18), Cathi Ellsworth (21), Kay Exl (24), Martin Hood (26).

#### HAPPY NOVEMBER Anniversaries

to Linda & George Pfeffer (11/10/79), Trudy & Martin Hood (11/20/65), Carl & Kathy Wendorff (11/30/96).

#### Get Well:

to Good luck to Roger Gulbranson as he recovers from knee surgery scheduled for mid-November, around his fall brew schedule, of course!

*In an effort to streamline our dinner reservation process, we are asking that those of you who come to our meetings every month let Kay Exl and her team know you want to be known as a "regular." They will assume that you'll be there unless you call Kay at 440-449-3309 or anyone else on the Board. You can find our numbers in your ReFocus.*

*To those of you who are not "regulars," you will receive an email or telephone call from the membership team. We hope you will reply to the email or return telephone calls to let us know if you're coming. This way we can make a better estimate on the number of people attending so Rita, our Excellent Chef, will be able to plan better. It's not only the cost of the food, but it's the work involved in cooking for more people than necessary. Thanks for your help.*

**Heights Emergency Food Center** - As in years past, the Cleveland Stroke Club has been donating money to the HEFC at Disciples Christian Church. We will be passing the jar at our next two meetings in November and December. We hope you can contribute. This is one way we can show our appreciation to the church for all they do for us.

**CONGRATULATIONS 50/50 WINNER:** Bonnie Morris

### Exercise May Protect the Brain From 'Silent Strokes'

*· By HealthDay Staff*

Moderate to intense physical activity cuts seniors' risk by 40 percent, a study finds.

**WEDNESDAY, June 8 (HealthDay News)** - Jogging, swimming, biking or other moderate to intense physical activity may protect the brain from "silent strokes," or small brain lesions that can lead to mental decline and increase the chances of a future stroke, a new study suggests.

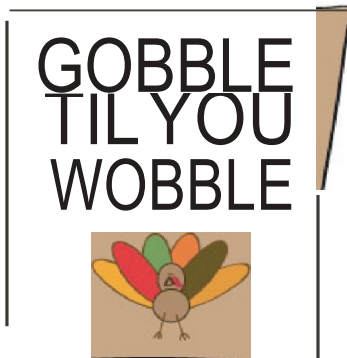
"These silent strokes are more significant than the name implies because they have been associated with an increased risk of falls and impaired mobility, memory problems and even dementia, as well as stroke," study author Dr. Joshua Z. Willey of Columbia University said in a news release from the American Academy of Neurology.

"Encouraging older people to take part in moderate to intense exercise may be an important strategy for keeping their brains healthy," he said. For the study, Willey and his fellow researchers compiled information on the exercise habits of 1,238 people who had never had a stroke. About 43 percent said they did no regular exercise; 36 percent did light physical activity, such as golf or walking; and 21 percent said they did moderate to intense exercise, such as tennis, swimming, racquetball, hiking or jogging on a regular basis.

*read more at <http://www.everydayhealth.com/stroke/stroke-articles.aspx>*



The Cleveland Stroke Club  
c/o Geri Pitts  
3266 E. Scarborough Road  
Cleveland Heights, OH 44118



➔ **DATED MATERIAL**

We are appreciative to Disciples Christian Church and Kindred Hospital for their support of our endeavours to meet the needs of stroke survivors and their caregivers.

**NEXT MEETING NOVEMBER 18, 2015 Fall Precautions/Prevention featuring CWRU Students & EMT**

**ReFocus Staff:**

Lu Higginbottom = production,  
Bonnie Morris, Reporter  
Geri Pitts, Coordinator  
Assembly is done by volunteers  
at the Kindred meeting.

*For More Information on  
the Cleveland Stroke Club  
visit...*

**WEBSITE:**  
*http://  
clevelandstrokeclub.wordpress.com*

**EMAIL:**  
*pittsgeraldine@yahoo.com*



**KEEPSMILING!**



**Remember Our Troops**

<http://anyservicemember.navy.mil/>  
[www.operationDearAbby.net](http://www.operationDearAbby.net)  
(Send a greeting card)  
[www.operationuplink.org/](http://www.operationuplink.org/)  
(Donate a calling card)



**CAREGIVERS MEETING**

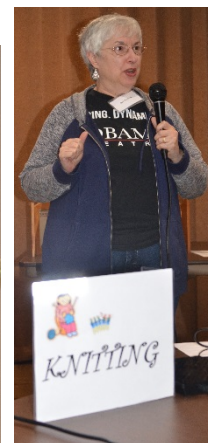
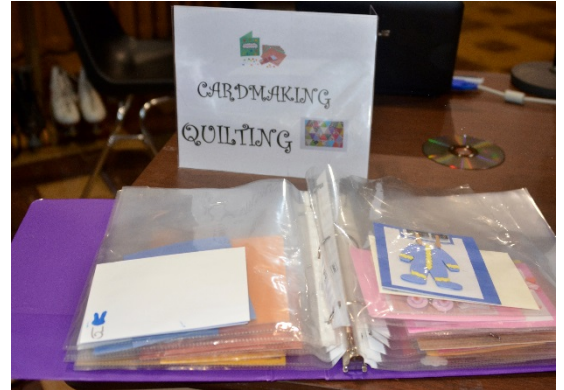
*The caregiver meetings are at 6:30 pm on  
the first Wednesday of every month.  
Stroke survivors are invited as well. After  
dinner the stroke survivors and caregivers  
separate and each have their own meeting  
until 8:30 pm. The meeting is at Kindred  
Hospital, 11900 Fairhill Road, Cleveland,  
OH 44120. Reservations are required.  
Call Kay 440-449-3309 or Deb 440-944-  
6794.*

\*\*\*\*\*

*Many of our members also attend: Speak  
Easy at Cleveland Hearing & Speech  
Center  
For info visit  
[www.chsc.org/speakeasy](http://www.chsc.org/speakeasy)  
or call 216-231-8787*



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